

# FITNESS

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## 2009 Fitness Trends

### **Kettlebells**

Kettlebell is a traditional Russian cast iron weight looking somewhat like a cannonball with a handle. The kettlebell has become a popular exercise tool in the United States that focuses on strength, endurance, agility and balance. The reason for the surge in kettlebell training is that it gets back to basic training that requires functional, whole body fitness. Kettlebell workouts engage multiple muscle groups, making it a great way to get a whole body workout in a relatively short period of time.

### **Boot Camp-Style Workouts**

Boot camp workouts remain extremely popular because they provide a total-body workout that's varied, fun and challenging. Up to 600 calories can be burned during a boot camp session, which is obviously going to facilitate weight loss. But in addition to a great cardiovascular workout, muscles are strengthened through high- and low-intensity exercises such as pushups, squats and lunges. Boot camp is an excellent way to enhance aerobic capacity and help control body weight. When selecting a boot camp program make sure that it caters to your specific fitness needs and target areas.

### **Boomer Fitness**

Individuals age 50+ have the means, motivation and desire to enhance their quality of life through physical activity. The 50+ audience continues to redefine our expectations about age, vitality and life, and has highlighted the importance of physical activity as we age.

### **Technology-Based Fitness**

From iPods to Cardio Cinema to exergaming (i.e., Wii Fit, Expresso Bikes) the latest in technology will continue to infuse itself in all aspects of fitness. Look for 2009 to provide more interactive video games that provide fitness benefits, as well as new inventions to make exercising a more engaging experience.

### **Budget-Friendly Workouts**

With today's economy showing no signs of strengthening, more people will cut costs to stay in shape. Of the ACE-certified professionals surveyed, 48 percent said that gym memberships will decrease in 2009 and 52 percent said less people will hire personal trainers. Look for more people to use the resources around them as their gym and equipment. Walking SC Trails are a great example of a resource people can use for a budget-friendly workout.

For a listing of trails in South Carolina visit [South Carolina Trail Program](#).

Source: American College of Exercise

***The State Health Plan***  
**PREVENTION PARTNERS**  
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